

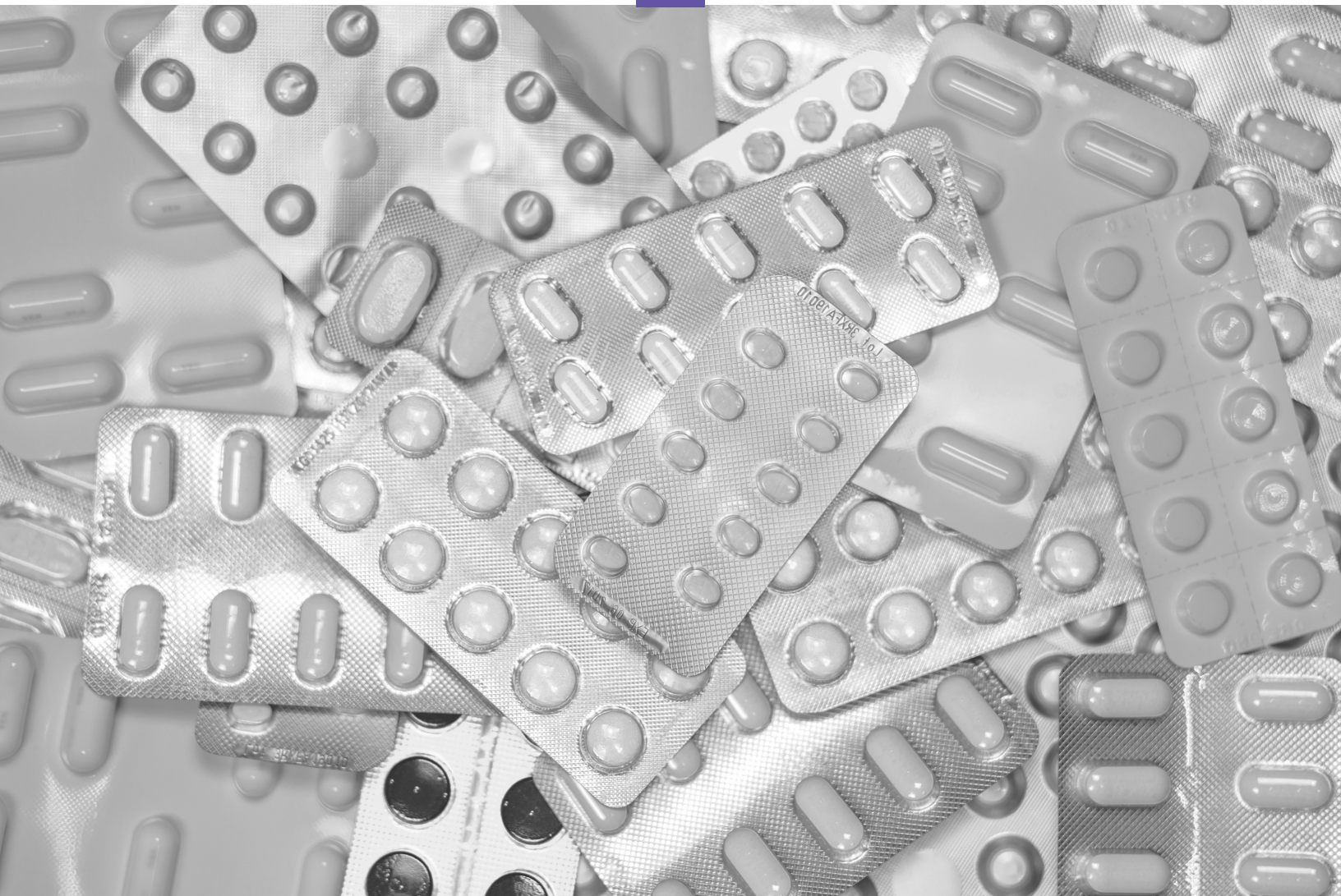
# MEDICATION TRACKER



# RENEW

## WELLNESS

RENEW  
COUNSELING,  
CONSULTING, AND  
WELLNESS  
SERVICES LLC



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# MEDICATION

## COMMUNICATION

MEDICATION IS SOMETIMES USED BY PEOPLE TO HELP MANAGE SYMPTOMS RELATED TO CERTAIN MENTAL HEALTH CONDITIONS. SOMETIMES PEOPLE EXPERIENCE SIDE EFFECTS FROM THESE MEDICATIONS. IT CAN BE TOUGH TO REMEMBER OR RECALL THIS INFORMATION DURING MEDICATION MONITORING APPOINTMENTS. THIS MEDICATION TRACKER WAS DESIGNED AS A WAY TO MAKE IT EASIER FOR YOU TO HAVE THRESE IMPORTANT CONVERSATIONS WITH YOUR HEALTHCARE PROVIDER.

## PREPARE, ENGAGE, & ENRICH

IT IS NOT UNCOMMON TO LEAVE YOUR APPOINTMENT WITHOUT HAVING TALKED ABOUT EVERYTHING ON YOUR MIND. THE MEDICATION TRACKER CAN HELP YOU ORGANIZE THIS INFORMATION IN ADVANCE AND MINIMIZE THE CHANCES OF THIS HAPPENING.

PREPARING FOR YOUR MEDICATION MONITORING APPOINTMENTS CAN SAVE TIME AND ALLOW MORE ROOM FOR YOU TO ENGAGE IN AN OPEN AND HONEST DISCUSSION WITH YOUR HEALTHCARE PROVIDER. THIS SMALL TASK OF WRITING OUT YOUR MEDICATIONS, ANY SIDE EFFECTS, AND THE SEVERITY OF THE SIDE EFFECTS CAN ENRICH YOUR HEALTHCARE EXPERIENCE. YOU CAN ALSO ASK SOMEONE YOU TRUST TO HELP YOU FILL OUT THE MEDICATION TRACKER TO HELP YOU PREPARE FOR YOUR APPOINTMENTS. NO ACT OF PREPARATION IS TOO SMALL TO MAKE A HUGH DIFFERENCE IN YOUR OVERAL EXPERIENCE.



# Medication Tracker



Name \_\_\_\_\_

**Current Medication(s)**

**Dose (how much)**

**Frequency (how often)**

Side Effect Checklist-If you are having any of the side effects listed below, place a check (✓) next to each side effect. Then, rate how bothered you have been by the side effect by rating it on a scale of 1 to 4:

**1- Mild 2-Moderate 3-Severe 4- Very Severe**

**Side Effects**

**I have had this recently**

**Severity (on a scale of (1 to 4 )**

Dry Mouth

Weight Gain

Diarrhea

Constipation

Weight Loss

Restlessness

Sleepiness

Hair Loss

Tremors

Nausea

Reduced sexual interest

Reduced sexual performance